





Physical Activity For Children Six Months to One Year



Benefits of Physical Activity to Children

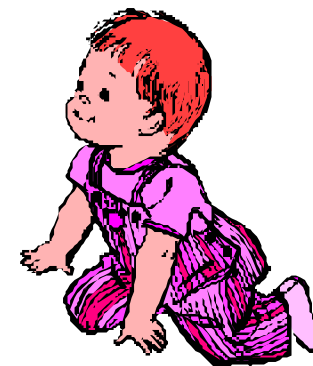
- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

Physical Activities for Children Six Months to One Year

Shake It Up	Bubble Burst	Kick! Kick! Kick!	Active Exploration
 Move your body and shake a rattle. Encourage the child to move in the motion similar to the way you move your body.	 Place the child in a reclining chair. Blow bubbles within the reach of your child. Show him or her how to pop the bubbles.	 Sew bells to a light-weight pillow and place the object within kicking distance of the child's legs.	 Empty cardboard boxes, overturn chairs and clothes baskets, drape chairs with blankets. Invite your child to explore the environment you create!

Movements to Work on With Your Child

- Crawling
- Creeping
- Grasping
- Patting
- Reaching
- Releasing
- Stretching
- Walking



Sample Toys for Children Six Months to One Year

- Chime Bells
- 3" Clutch Balls
- Crib Gym
- Floor Mirrors
- Infant Swing with Restraining Strap
- Low Climbing Platforms
- Mobiles
- Pat Mat
- Push & Pull Animals on Wheels or Rollers
- Push & Pull Cars
- Snap-Lock Beads

References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

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